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CENTRAL INTELLIGENCE AGENCY
INFORMATION REPORT

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COUNTRY	Poland	REPORT	
SUBJECT	Therapy at the Psychiatric Clinic of the Warsaw Medical Academy and the State Hospital for Mental and Nervous Disorders in Pruszkow	DATE DISTR.	9 December 1954
DATE OF INFO.		NO. OF PAGES	5 25X1
PLACE ACQUIRED		REQUIREMENT	
		REFERENCES	25X1

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THE SOURCE EVALUATIONS IN THIS REPORT ARE DEFINITIVE.
 THE APPRAISAL OF CONTENT IS TENTATIVE.
 (FOR KEY SEE REVERSE)

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ARMY review completed.

25 YEAR RE-REVIEW

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COUNTRY Poland

DATE DISTR. 22 Oct 1954

SUBJECT Therapy at the Psychiatric Clinic of the
Warsaw Medical Academy and the State Hospital
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NO. OF PAGES 4

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Psychotherapy

1. Pavlov's theory (the only psychological theory permitted in Communist Poland) allows little room for psychotherapy as we know it. Psycho-analytic (genetic) approaches are strictly forbidden. Two cases demonstrate the repressive, suggestive, "magical" type of therapy being practised.

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- a. An approximately 40-year-old male with complete hysterical paralysis of legs and jerking of the arms was treated as follows:

- (1) He was told he was going to get a special treatment lasting 10 days, at the end of which time he would be well.
- (2) He was given chloral hydrate per rectum the first day and had a deep sleep.
- (3) He was told that this drug was a special medicine for his condition.
- (4) The next day he was given water per rectum but was told he was getting the medicine.
- (5) He was given (slightly painful) injections of vitamin C (subcutaneously) daily and was told this was also a special medicine.
- (6) In 10 days his symptoms had disappeared and he was classified as "cured".

- b. A man with anxiety attacks and feelings of pain around the heart with "fears of heart trouble" was "treated" with slightly painful injections of vitamin B (subcutaneously) in the chest wall over the heart area.

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25 YEAR RE-REVIEW

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Techniques of Sematic Therapy

(In most of the following, the methodologies employed are very similar to those employed in the US.)

2. Insulin therapies were the following:

a. "Little" insulin treatment:

(1) Indications:

- (a) alcoholic intoxication,
- (b) early D.T.'s,
- (c) morphine addiction (cuts out immediate cravings only; does not prevent relapses),
- (d) put on weight.

(2) Method: 20-30 units of insulin injected subcutaneously.

b. Sub-coma therapy:

(1) Indications:

- (a) anxiety state,
- (b) obsessive compulsives,
- (c) "rheumatic encephalitis".

(2) Method: 20-100 units (maximum), varying from patient to patient; given in small doses, built up daily to maximum desired.

c. Insulin coma therapy

(1) Indications:

- (a) paranoid schizophrenia, delusions of persecution, also
- (b) hebephrenics,
- (c) catatonics.

(2) Method: (Patient without breakfast). Insulin given at 7:00 A.M., patient kept without glucose till 11 A.M. at which time therapy was terminated with glucose, followed by breakfast. (Patients were fed more food than average.) Schedule of treatments: every day but Sunday. Insulin dosages: 5 units the first day, 10 units the second, 15 the third, etc. At about 75-100, daily doses were increased by 10 units per day (e.g. 110, 120, 130, etc.). No set rule, but by "feel". Maximum: 300 units, with average 120 units (never more than 300 units). The coma: Patient is generally somnolent for about 1 1/2 hours before entering full coma which is evidenced by positive Babinski and atonia. Patient is permitted to remain in coma for no more than one-half hour. The depth of coma was not permitted to proceed to loss of corneal reflexes.

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3. Electric convulsive therapy was used as follows:
 - a. Indications: Not so popular; restricted in use to depressive states. It was not used for management of assaultive or excitement states, but it was used with involuntional melancholia.
 - b. Method: Usually 10 - 12 shock treatments were given on alternate days combined with insulin: Monday insulin coma; Tuesday electric shock treatment; Wednesday and Thursday insulin coma; Friday electric shock treatment, Saturday coma.
4. Cardiozol (Metrazol) shock therapy was utilized as follows:
 - a. Indications: Same as electric shock treatment.
 - b. Method: Given twice a week, 5 cc. of 10% solution I.V.; maximum given 10-12 cc. Given for 10 treatments.
5. Malaria (induced) was also used:
 - a. Indications:
 - (1) general paresis,
 - (2) paranoid schizophrenia with catatonic features.
 - b. Method:
 - (1) G.P.: 7 - 8 attacks in conjunction with penicillin.
 - (2) Schizophrenia 24 attacks.
6. Narcosynthesis was another method:
 - a. Indications:
 - (1) "minor" chorea,
 - (2) schizophrenia.
 - b. Method: Chloral hydrate per rectum; luminal; or bromides. The patient was kept asleep 20 hours per day for 7 - 10 days.
7. Blood Transfusions were also used:
 - a. Indications: Post partum psychosis (felt to be an "intoxication").
 - b. Method: Whole blood transfusion of 250-300 cc. repeated three or four times at intervals of 10 - 14 days.

Miscellaneous Neurological Conditions

8. For epilepsy similar regimen were employed; popular drugs are luminol, "hidantol," mesantoin. Dilantin sodium was not used.
9. For status epilepticus chloral hydrate was administered per rectum with strophantium (also spinal taps).
10. In cases of post traumatic encephalopathes (two to five years after injury) the symptoms were tension, nervousness, etc. Patient was given shots of Mg SO₄ on alternate days as follows: first shot 1 cc. Mg SO₄ with 19 cc. glucose, second shot 2 cc. Mg SO₄, 18 cc. glucose, etc., up to tenth shot: 10 cc. Mg SO₄, 10 cc. glucose.

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11. For hypertension 10 cc. of 0.5% novocaine in physiological saline was given in two interarterial injections (femoral artery near inguinal ligament), given one month apart. This theoretically relaxes arterioles. Reference: Russian Journal of Neuropathology and Psychiatry No. 8, 1951.

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Logistical Data

12. In general drugs used in Poland are manufactured in Poland. Their quality is variable, and in general is only fair at best. Bayer and Santos products are more sought after. The raw ingredients for drugs are often in short supply.

Common shortages include vitamins B and C; glucose; insulin; P.A.S.; chloromycetin; aureomycin and nitrogen mustards (chloromycetin, aureomycin, and nitrogen mustards are only obtainable in big hospitals),

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